



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

September 22 - 23, 2017

Fall is Here!

By Richard de Wilde & Andrea Yoder

This Friday marks the official transition from summer to fall and on Sunday, September 24th, we'll celebrate this year's harvests with our annual Harvest Party shin-dig. We've been talking about this seasonal transition now for several weeks as things have started to change in our fields. This week however we are feeling it more than ever. We're harvesting purple top and sweet scarlet turnips, sunchokes, daikon radish, fall carrots and we will be packing Soup Mix before the week is finished! The leaves are starting to change colors, hickory nuts are dropping to the ground, and we know it's just a matter of time before we get our first chilly, frosty night. We hope you are planning to attend the party this weekend so you can see our valley and fall crops for yourself!

A lot has been happening in our fields over the past few weeks, so we wanted to catch you up on our activities with a field report. We said goodbye to watermelons, melons, zucchini and cucumbers over the past few weeks, but there were more crops entering the stage as these summer favorites dwindled. We are nearly done with winter squash harvest. We have harvested and cured most of our winter squash and will go back to harvest the last few loads remaining in the field before the end of the week. We're planning to start packing winter squash in your boxes possibly as early as next week.

Our first planting of tomatoes is nearly finished, but the second planting still looks pretty good and continues to produce. We have been having pretty cool days and nights, so the tomatoes have been ripening slowly. We'll keep picking right up until the first frost. We've also been hitting our pepper field pretty hard with harvests. There isn't a whole lot remaining at this point. Our orange Ukraine plants are pretty much done.

(See our [blog](#) for the rest of Farmer Richard and Chef Andrea's article)

What's In The Box?

ITALIAN GARLIC: Roasted garlic dressing will be pretty tasty on this week's head lettuce. There are many versions you could make, but I like the slightly sweet one at southernboydishes.com.

JALAPEÑO PEPPERS: Don't be afraid to spice up simple dishes such as homemade (or boxed) macaroni and cheese! Just add finely chopped jalapeño to the cheese sauce.

CAULIFLOWER: All colors of cauliflower have similar taste and can be used in similar cooking styles. The purple cauliflower will retain its color best when stir-fried, roasted or grilled.

ORANGE ITALIAN FRYING PEPPERS: If you have more peppers than you can eat this week, slice this variety into thin strips and put them in the freezer. They'll make a great pizza topping in the winter!

BROCCOLI: This is another big week for broccoli harvest. If you're looking for some ways to use broccoli, check out some of our past *Cooking With the Box* articles available on our blog.

VARIETY OF TOMATOES: Ripen your tomatoes at room temperature, not in the refrigerator. Check out this week's *Cooking with the Box* article on our blog for a link to a delicious recipe for **Tender & Crisp Chicken Legs with Sweet Tomatoes and Basil**.

SWEET CORN: Despite the challenges of growing corn this year, Farmer Richard and his guys pulled it off! This is likely our final week of corn and is the last variety intended for late season harvest. Richard is very pleased to report that it appears the corn earworm was not able to get into this last late (and very susceptible) planting. This is the first time in 40 plus years of farming that Richard was able to beat the corn earworm!

RUSSET POTATOES: This is the one variety of potato we grow that is considered a "starchy" potato. It is a great choice for soups as well as puree and mash.

LEEKs: See last week's newsletter and/or blog for more information about leeks as well as a few recipes.

RED BATAVIA LETTUCE: Now that we're past the heat of the summer, it's time to enjoy lettuce again! Red Batavia lettuce is a cross between iceberg and a leaf lettuce. This is one of our favorite varieties to grow!

GREEN TOP CELERIAC: This is the vegetable with celery-like tops attached to a big root! Read this week's vegetable feature for more information about how to cut, store and use celeriac.

RED CHARD: This stunning green may be eaten raw or cooked. It is delicious simply sautéed with garlic, onion and a bit of vinegar, but it also pairs well with other fall vegetables to make gratin, salads, etc.

Featured Vegetable: Celeriac

Celeriac, or celery root as it is also known, can be a bit intimidating if you're encountering it for the first time. However, as with all vegetables, there's really no need to be intimidated...it's just a vegetable! Celeriac is in the same family as celery. The difference is that celeriac is grown for its root and celery is grown for its stalks. The stalks on celeriac resemble celery and have a lot of delicious flavor in them, however they are more tough and fibrous than celery and are not usually eaten as you would eat a celery stalk. Don't throw them away though! Their flavor can add depth to a pot of stock or soup. If you aren't going to use them all now, put them in the freezer and use them later this fall or winter.

(See our **blog** for the rest of this vegetable feature article to learn more about Celeriac!)

Cooking With This Week's Box!

This Friday, September 22 marks the first day of fall! We hope you're planning to join us for our Harvest Party this weekend so you can experience our valley at this time of the year. The weather forecast is beautiful....doesn't look like any snow this year! You won't want to miss the field tours, music, and food! We'll be serving Roasted Poblano and Caramelized Onion Dip, Purple Tomatillo Salsa, Roasted Pork Carnitas, Iced Maple Lattes and NessAlla's French Orange and Melon Mint Kombucha. Of course the tables will be filled with all kinds of other interesting items that everyone will be contributing to the potluck.

(See our **blog** for the rest of this article & Chef Andrea's suggestions for utilizing every item in your box including recipe links!)

Sesame Chicken Celeriac Salad

Serves 4

2 large carrots, peeled	1 small clove garlic, peeled and grated with a microplane, or finely minced	1 Tbsp reduced-sodium tamari or soy sauce
1 large celery root, peeled	2 Tbsp white vinegar	2 tsp sesame seeds
3 cups shredded cooked chicken breast (see Recipe Note)	2 Tbsp toasted sesame oil	1 ½ tsp grated fresh ginger root
½ cup chopped fresh basil, or cilantro	1 Tbsp dark pure maple syrup	½ tsp salt
		¼ tsp black pepper

1. Shred carrots and celery root on a box grater or with the grating attachment of a food processor.
2. Combine the carrots, celery root, chicken, and basil (or cilantro) in a large salad bowl.
3. Combine garlic, vinegar, sesame oil, maple syrup, tamari, sesame seeds, ginger, salt, and pepper in a jar and shake to combine. Pour the dressing over the salad and toss to combine.
4. Divide among 4 large plates to serve.

Recipe Notes:

To cook chicken: Bring 6 cups of water to a boil in a large saucepan. Add ½ tsp salt and stir to dissolve. Add 2 boneless skinless chicken breasts and return to a simmer over high heat. Reduce heat to medium-low to maintain a gentle simmer and cook, turning occasionally to make sure it cooks evenly, until the chicken is cooked through, 15 to 17 minutes. Transfer the chicken to a cutting board to cool, at least 20 minutes before shredding.

This recipe was adapted from *thekitchn.com*.

Celeriac, Potato and Apple Puree

Yield: 3-4 servings

½ pound potatoes, peeled and cut in half*	¼ cup, approximately, warm milk or broth from the celeriac
1 large celeriac, peeled and cut into large pieces	1 Tbsp butter or walnut oil, plus more to taste
1 small to medium tart apple, such as a Granny Smith, peeled, cored and quartered	Salt, to taste
	Freshly ground black pepper, to taste

1. Place the potatoes in one saucepan and the celeriac and apples in another. Barely cover each pan with water and add salt to each pan as well, about ¼- ½ tsp per pan. Bring to a boil, reduce the heat and simmer until tender, 15 to 20 minutes.
2. Turn off the burner that the potatoes are on and remove the pan. Drain the potatoes, and return the pot to the burner (do not turn the burner back on). Leave the lid off and allow the potatoes to set for 5-10 minutes to steam and dry out.
3. Drain the celeriac and apples through a strainer set over a bowl to catch the cooking liquid.
4. Puree all of the celeriac and apple mixture as well as the potatoes in a food mill or a potato ricer. (If you don't have either of these tools, you can also use a food processor and process the potatoes separate from the celeriac/apple mixture. The other option is to just mash the vegetables by hand with a potato masher. The end result will be more chunky, but will taste just fine).
5. Combine the potato puree along with the celeriac and apple puree in a bowl. Whisk in the milk or broth until the mixture is fluffy. Add the butter or walnut oil to the hot puree, stir until the butter melts, and season to taste with salt and pepper.

*Chef Andrea Note: The original recipe calls for Yukon gold potatoes. I would recommend using our russet potatoes for this recipe as it will yield a lighter, fluffier mash.

Recipe adapted from Martha Rose Shulman's recipe featured on *cooking.nytimes.com*.